



Taking Risks¹

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How much of a risk-taker are you? Do you gamble with your health, your safety, your life? Many of us do: we may play it safe in one area of our life, but take dangerous risks in other areas.

SAFETY vs. RISK BEHAVIOR

Most gamblers lose—and when you gamble with safety, the loss can be heavy. It can result in poor health, lifelong pain, the loss of an arm, leg or eye, and it can cost you your life.

SELF-TEST

Following is a short self-test to help you determine your safety versus your risk-behavior. Can you honestly answer "yes" to all the following statements?

On the job

Do you:

- Work for a business that is concerned about your health and safety?
- Follow all established safety rules and regulations of the job?
- Wear the proper clothing, shoes and other personal protective equipment required for safety?

- Keep all the guards and shields in place and practice safe housekeeping practice?
- Correct co-workers when you see them take risks and gamble with their safety and that of others?

On the road

Do you:

- Drive only when your mind and body are free of drugs and alcohol?
- Insist that you and your passengers always wear safety belts?
- Regularly conduct a safety check of your vehicles?
- Drive defensively, avoid tailgating, speeding, running red lights or stop signs, and illegal passing?
- Watch out for other drivers who may not drive with the same safety attitude as you?

At home

Do you:

- Regularly conduct safety inspections of your home?
- Check the smoke detectors and conduct fire safety drills?

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- Keep hazardous materials under lock and key and out of sight and reach of small children?
- Have a complete first aid kit available?
- Conduct safety discussions with your family on a regular basis?

During recreational activities

Do you:

- Avoid activities which may be beyond your physical capabilities?
- Prohibit children in your family from participating in activities which may exceed their physical or mental maturity?
- Wear the appropriate protective equipment for the recreational activity?
- Adequately supervise the recreational activities of your children?
- Prevent access to dangerous recreational areas and equipment to those not adequately trained or mature enough; i.e., fence pools, lock up hunting guns, etc.?

In your personal life

Do you:

- Eat nutritious, balanced meals and control your weight?
- Exercise regularly to maintain muscle tone and flexibility?
- Avoid tobacco products and avoid or severely limit your use of alcoholic beverages?
- Get adequate rest and relaxation time?
- Adequately manage the stress factors in your life?

PLAYING IT SAFE

Not many of us could answer "Yes" to all twenty-five questions. Not many of us "play it safe" all the time. But if you answered "No" to five or more of these questions, you are definitely a risk-taker. You are gambling with your health and safety and with the welfare of your family!

But the good news is that it is not too late for safety! It's only too late **after** you have an accident. Take control of your life, put safety first. Risk-taking is just not worth the gamble.